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WITH CONSUMERS REJECTING FOODS THAT APPEAR TOO COOKIE-CUTTER, COMPANIES ARE GOING FOR A ROUGHER, MORE AUTHENTIC LOOK PAGE 16

Snowden standing his ground

The man behind the NSA leak remains defiant, striking back at those calling him a traitor to the U.S. PAGE 9

Spurs go for international flavour

San Antonio's penchant for finding NBA-calibre talent around the globe is paying off PAGE 41

Doing it for the kids?

A professor theorizes that women are outpacing men in post-secondary studies because they anticipate the possibility of raising children as single mothers PAGE 7

NEWS WORTH SHARING.

Tow, tow, tow your car gently down the street ...

Where'd it go?

Man comes home to a missing vehicle and no shortage of questions

When Adam Halim returned from his honeymoon, his car was gone. It took him hours of phone conversations and lots of sleuthing to figure out what happened and why he had to pay the city nearly $1,000.

The answer, to his surprise, had to do with overgrown trees and three parking violations he had nothing to do with.

On April 26, Halim came home to discover his company car wasn't parked where he left it outside his house on Dovercourt Road.

He called the police's parking enforcement unit, which told him his car was impounded and in a lot.

It didn't add up. He had a valid street-parking permit and could swear he left his Chevrolet Impala near home. Then another surprise at the impound lot — a bill for $734.50 and three $40 parking tickets.

He paid the bill and drove home. But he needed to figure out what happened.

All three parking tickets showed he parked in a no-parking zone in front of 55 Lisgar St. But how did it end up there?

He called parking enforcement again and pleaded with an officer to look deeper.

It turns out the city was cutting trees and needed to move Halim's car, according to an email to Halim from parking enforcement. Parking enforcement explained that it had moved the vehicle one street over, but dropped it in a no-parking zone. Then three tickets stuffed under the wipers over five days were followed by a trip to the impound lot.

On May 10, Halim received a final email, a mea culpa, from parking enforcement, promising reimbursement for the towing and storage cost and cancellation of the tickets.

TORSTAR NEWS SERVICE

Quoted

"It was one small mistake by one person and it snowballed into this disaster. But what would someone without time and money do? The whole process has to be fixed. This is crazy." Adam Halim

CRY AGAINST CUTS

Elin Goulden stands among hundreds of medical professionals and supporters at the Citizenship and Immigration Offices at Yonge and St. Clair on Monday to protest the federal government's cuts to refugee health care. Similar protests took place across the country. Go to metronews.ca for the story.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

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Nuclear plan

Third nuclear-waste site possible

Ontario could build three nuclear-waste disposal sites, according to Ontario Power Generation. Two of the sites, proposed for Bruce County, are public knowledge. The third would store "decommissioning waste," or waste from reactors that have been dismantled. That facility could be located in the Orangeville area, said Brennain Lloyd of environmental coalition Northwatch. TORSTAR NEWS SERVICE

Thursday, 9:45 a.m.

Top court could decide Ford's fate

Mayor Rob Ford will learn Thursday if the Supreme Court of Canada will hear an appeal of the conflict-of-interest ruling that kept him in office. If the court agrees to hear the appeal, Ford will again face ejection. The decision will be released at 9:45 a.m. A Superior Court judge declared Ford's seat vacant in November over his decision to cast a vote to excuse himself from repaying $3,150 to lobbyists and others. That decision was overturned. TORSTAR NEWS SERVICE

Indecent-assault case

Skating coach gets house arrest

A skating coach convicted in 2012 of kissing and groping a student more than 30 years ago has been sentenced to six months of house arrest, to be followed by a six-month curfew. Wayne (Michael) Sanderson, 56, said he will appeal the sentence. TORSTAR NEWS SERVICE

Two great ones to tee off at annual tournament

Beloved former Blue Jay Joe Carter has some fun at his annual VIP night at the Rogers Centre Monday, on the eve of the Joe Carter Classic celebrity golf tournament. The fourth annual tournament will be held on Tuesday at Eagles Nest Golf Club in Maple. Stars from the world of sports and entertainment — including Wayne Gretzky — will be on hand. Proceeds from the event will benefit the Children's Aid Foundation. BRENDAN KENNEDY/TORSTAR NEWS SERVICE

Police protection possible for mayor: Doug Ford

Security. Comments suggest there's a chance Rob Ford could receive protection while under police investigation

Mayor Rob Ford could get police protection at public events, his brother said Monday.

"The chief has said very clearly, from the day I got down here, that there's a whole department that takes care of dignitaries that come into our city, be it the premier, the prime minister or the mayor," Coun. Doug Ford said.

Rob Ford himself was noncommittal. Two days after he had a drink thrown at him and one day after he said "it's time" to accept security, he offered only a joke to a CBC reporter who asked him about his plans.

"You're my security," Ford said.

Ford refused his brother's earlier pleas to get a driver. He likes to appear approachable, and his reputation for no-fuss frugality is central to his political brand.

Toronto police spokesman Mark Pugash would not confirm or deny any offer to Ford from Chief Bill Blair. "We don't discuss security," Pugash said.

Doug Ford's comments raise the possibility that Ford could receive police protection while being investigated by the same police force. Blair has refused to say if Ford is under investigation in connection to an alleged Etobicoke gang targeted in Thursday raids.

Ford appeared in a photograph with two of the young men arrested.

TORSTAR NEWS SERVICE

Hometown security

- Ford's predecessor, David Miller, gave the police his daily itinerary the night before, but he did not ask for any security.
- Calgary's Naheed Nenshi is accompanied by a lone city guard at public events. Vancouver's Gregor Robertson and Ottawa's Jim Watson do not have regular protection of any sort, their spokesmen said.
- New York City's Michael Bloomberg has teams of five or six officers protecting him around the clock, according to a 2009 CBS report. Chicago's Rahm Emanuel has been seen at public events with two or four officers.

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Hung jury on costly Market makeover

St. Lawrence Market North Building. Doug Ford, ex-mayor John Sewell speak out against overpriced revamp

Redevelopment of an underutilized site north of St. Lawrence Market has run into trouble at city hall after the cost escalated from $76 million to $91.5 million.

The project, re-engineered from a design by Rogers Stirk Harbour + Partners LLP, chosen in a design competition in 2010, would replace the one-storey brick building known as the St. Lawrence Market North Building, which houses a farmer's market and antique market on weekends. Winning architect Richard Rogers' credits include landmarks such as the Centre Pompidou in Paris and the Lloyd's of London towers in England.

The new building would replace a warehouse-like 1968 structure that was never expected to be permanent and is now seen as obsolete and incompatible with its historic surroundings — St. Lawrence Hall on the north and St. Lawrence Market on the south.

However, members of the government management committee balked at the price increase for the proposed new five-storey development, which would house, along with the market, 14 courtrooms, 250 underground Green P city parking spaces, and other amenities.

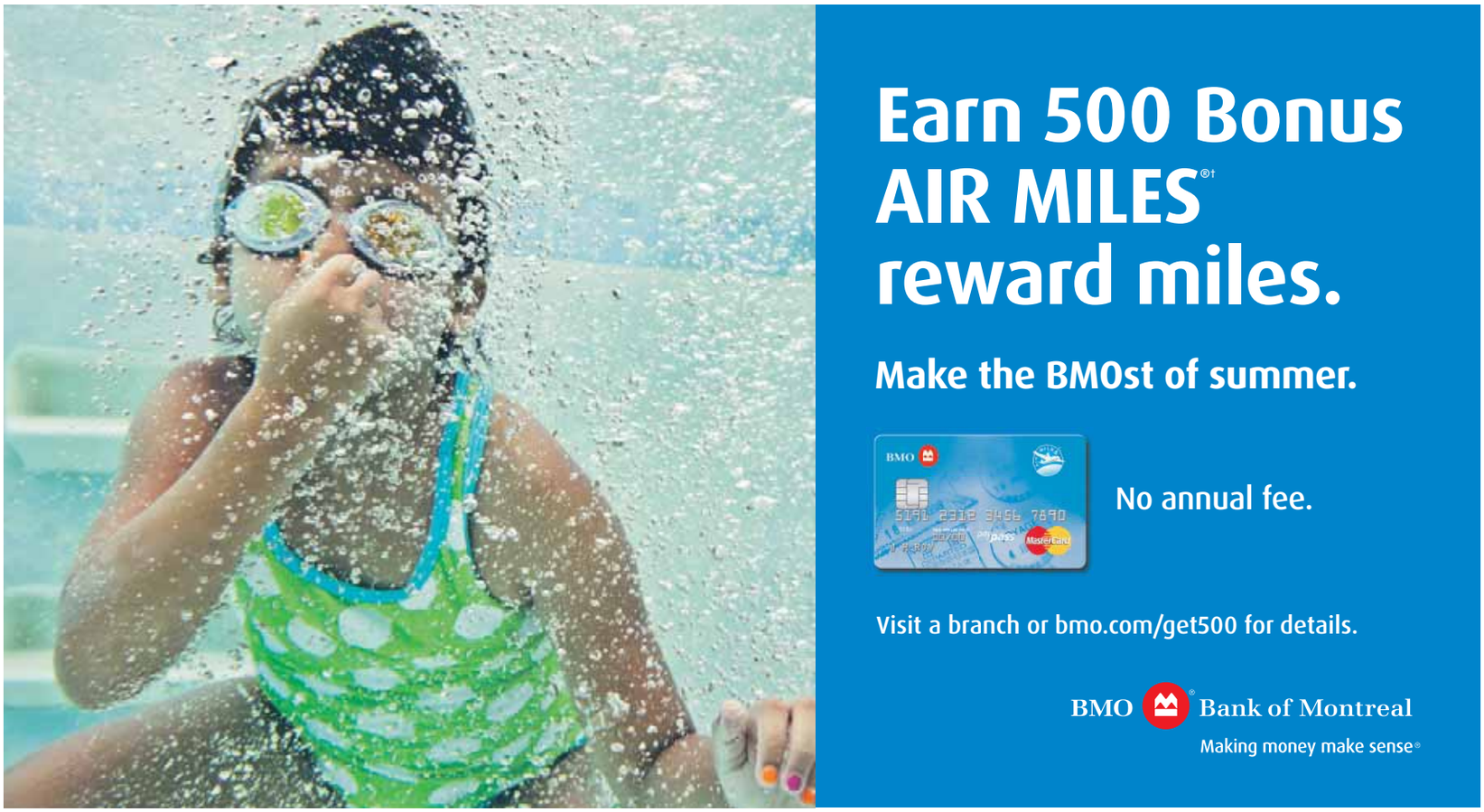
Coun. Doug Ford said it would be much cheaper to look for a site in the derelict Port Lands.

"Find an empty, vacant land ... and put a square box building in there," Ford said.

Motions to reject the development and to approve it both lost on tie votes. That means the issue now goes to city council next month for a final decision without benefit of a recommendation from the committee.

TORSTAR NEWS SERVICE

The uninspired St. Lawrence Market North Building at Front and Jarvis is supposed to be replaced by a new multi-storey structure. RICHARD LAUTENS/TORSTAR NEWS SERVICE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Banking on energy awareness

Riders pedal away on Monday at the TD Canada Trust Tower to see how much energy it takes to power up a typical office workstation. The Gear Up to Less Energy campaign by Oxford Properties encourages Canadians to reduce their energy use in the office, as workers can influence up to 50 per cent of the electricity used in office buildings. CONTRIBUTED

Tories trumpet private booze

Tory Leader Tim Hudak says his LCBO-privatization plan would make even more money than the record $1.711 billion announced Monday by the government-owned liquor agency.

"I am confident more (money would be made).... It would actually increase sales and reduces cost," Hudak told reporters at Queen's Park following the LCBO's latest numbers on sales and dividend to the province.

The minority Liberal government, which has ruled out selling off the LCBO, has recommended a pilot project to sell beer and wine in 10 supermarkets.

While he has provided few details about what liquor and wine sales would look like under a Progressive Conservative government, Hudak has said he would allow beer and wine sales in corner stores and supermarkets for the first time in Ontario.

TORSTAR NEWS SERVICE

Record profit ... again

The Liquor Control Board of Ontario announced earlier that it experienced record sales for the 18th year in row.

- Thirsty Ontarians pushed wine, spirits and beer sales in 2012-13 to $4.892 billion, an increase of 3.9 per cent or $182 million over 2011-12.

Kiwanis club gets funds to keep youth engaged all summer

Salesforce.com. Firm's donation includes a percentage of staff's time to act as volunteers and mentors

PHOEBE HO
toronto@metronews.ca

Between working in the day and attending cooking and leadership programs at night, 17-year-old Regent Park resident Dionne's summer couldn't be busier.

But she's not complaining.

It'll be the very first time her favourite hangout spot in town, the Toronto Kiwanis Boys & Girls Club, which offers community programs for youth in the area, will be open all summer long.

Thanks to global enterprise software company Salesforce.com and their 1/1/1 integrated philosophy program, the club will finally be able to offer hundreds of youth a "safe and supervised" place from 8 a.m. to 9 p.m. every day, to socialize and do all the things they love year-round. The firm is donating not just $220,000 over two years, but also one per cent of their employees' time — or six days of volunteering, and one per cent product donation.

During the school year, the club offers up nearly 1,100 children and youth in the area a place to play basketball, go rock climbing, learn about poetry and pretty much anything that sparks their interest.

But Amanda Neale-Roberston, the club's manager of fund development, sponsorship and events, said the summer months are crucial, especially when youth have hours on end to mill around.

Quoted

"If Mom or Dad doesn't have extra income lying around to send you to a camp, or there's no one at home to look after you, what do you do? You can get into quite a bit of mischief."

Amanda Neale-Roberston, a manager with Kiwanis

"If Mom or Dad doesn't have extra income lying around to send you to a camp, or there's no one at home to look after you, what do you do? You can get into quite a bit of mischief," she said.

Besides the cash donations, the volunteer hours from salesforce.com's employees will also help to better engage youth, empower them and set them on the right path.

"We're looking forward to working with Salesforce volunteers and helping just kind of keep us up-to-date with different advances in technology," she said. "We're excited about the time and the opportunity to leverage their technical skills."

Youngsters engage in a game of basketball at Toronto Kiwanis Boys & Girls Clubs. Thanks to a major donation, they will be able to do this all summer. PHOTO COURTESY JOSEPH MICHAEL PHOTOGRAPHY

Dionne is the perfect example of how the Boys & Girls Club has helped kids in Regent Park, said Neale-Roberston.

Now the president of the club's youth council, Dionne has taken part in national and provincial youth conferences, and won scholarships that will be going toward her university education.

She's been going to the club after school almost every day for the last 12 years.

"The club has also given me opportunities to express myself more and break out of my shell," said Dionne, whose last name can't be used due to a Kiwanis policy.

"I used to be really shy. It's given me the opportunity to express myself through things like poetry or doing speeches."

Ready to graduate next year, Dionne's future is bright and promising.

"I want to be a criminal psychologist," she says. "I also have a Plan B: I love to travel, I also want to be a flight attendant on the side."

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Prof. Lionel Tiger, an expert on the modern male, spoke at a Canadian Association for Equality event in Toronto last week. He has an interesting theory about why women are bettering their male counterparts at school.
JESSICA SMITH/METRO

Women besting men in school because they are 'studying for two'?

Educated guess. Prof considers 'reproductive implications' of gender gap to form theory

JESSICA SMITH
jessica.smith@metronews.ca

Long before conception women know innately they may have to provide for their eventual children alone, so they're studying harder than men and besting them at college and university — or so one theory goes.

Lionel Tiger, a professor emeritus at Rutgers University, is an expert on the modern male, having written several books on the subject and coined the term "male bonding."

He gave the keynote speech last week at a fundraiser held by the Canadian Association For Equality.

He said men used to be able to get a date and a mate because they could provide for women and their babies. Now, he says, women are expected to work, too, and single-motherhood is common; with the advent of birth control, men have generally lost control over contraception and fatherhood.

This is why he believes men are falling behind in post-secondary education.

"The females on the other hand are studying harder, and do you know why? Because they're studying for two," he said. "Eighty-five per cent of women have children (in their lifetimes) and these women, without thinking it through, without analyzing it, somehow sense that they're going to have (children) and they may have to do it themselves. That motivates them to study in a manner guys cannot do, because what's the point?"

In an interview with Metro, Tiger said anywhere there's a gender gap it's wise to first consider the "reproductive implications," which is how he came to this theory.

As for his assertion that women are doing this "without thinking it through," he said a human's biological plans are rarely detailed and specific.

By some measures, this generation of women is outpacing men in post-secondary education. Statistics Canada reports that in 2011 72 per cent of women and only 65 of men aged 25 to 44 have completed a post-secondary education. In the generation that is now 65 or older, only 34.5 per cent of women and 45 per cent of men had completed post-secondary education.

Women are enrolled more in the humanities than men, whereas money-making disciplines in engineering and architecture are still male-dominated, said Tiger.

Tiger said he does not know why, if women are preparing to provide for their children alone, they wouldn't flock to disciplines that would offer better job prospects.

Economist Ross Finnie and his colleagues did an extensive study of student-aid recipients in 2010. They found that not only are more women than men starting university; they're more likely to complete their degree.

"You have to ask what's going on with young men, why don't they see the benefits, or why are they simply unable to prepare for post-secondary education," he said. "The implications could be profoundly important on an economic and social level.

"Studying for two (is) an interesting hypothesis," he said. "Are women correctly predicting the future where they will be the major breadwinners, and that's why they're doing this? They may be."

Don't give it a second thought

"Eighty-five per cent of women have children ... without thinking it through, without analyzing it, (they) somehow sense that they're going to have (children) and they may have to do it themselves. That motivates them." Rutgers University's Prof. Lionel Tiger

Families and students

Well-educated family trumps wealth as spur to higher ed

One thing that is known about participation in higher education is that children of highly educated parents are much more likely to pursue post-secondary education — regardless of their economic status.

So a child of a wealthy but uneducated family is less likely to go to college or university than a child of a poor but well-educated family, said economist Ross Finnie.

Some studies, including Finnie's 2010 survey of student-aid recipients, indicate that families save up more money for male children to pursue higher education than females, but more study is needed, he said.

That study also found that female students worry about their debt to a higher degree than their male counterparts.

There's no evidence to suggest that concern prompts them to study hard and complete university at higher rates than men, but it bears further study, he said. "A conjecture is a conjecture, a hypothesis is a hypothesis, and before you investigate it empirically, it remains a hypothesis," he said.

JESSICA SMITH/METRO

Just supposin'

"A conjecture is a conjecture, a hypothesis is a hypothesis, and before you investigate it empirically, it remains a hypothesis."

Economist Ross Finnie

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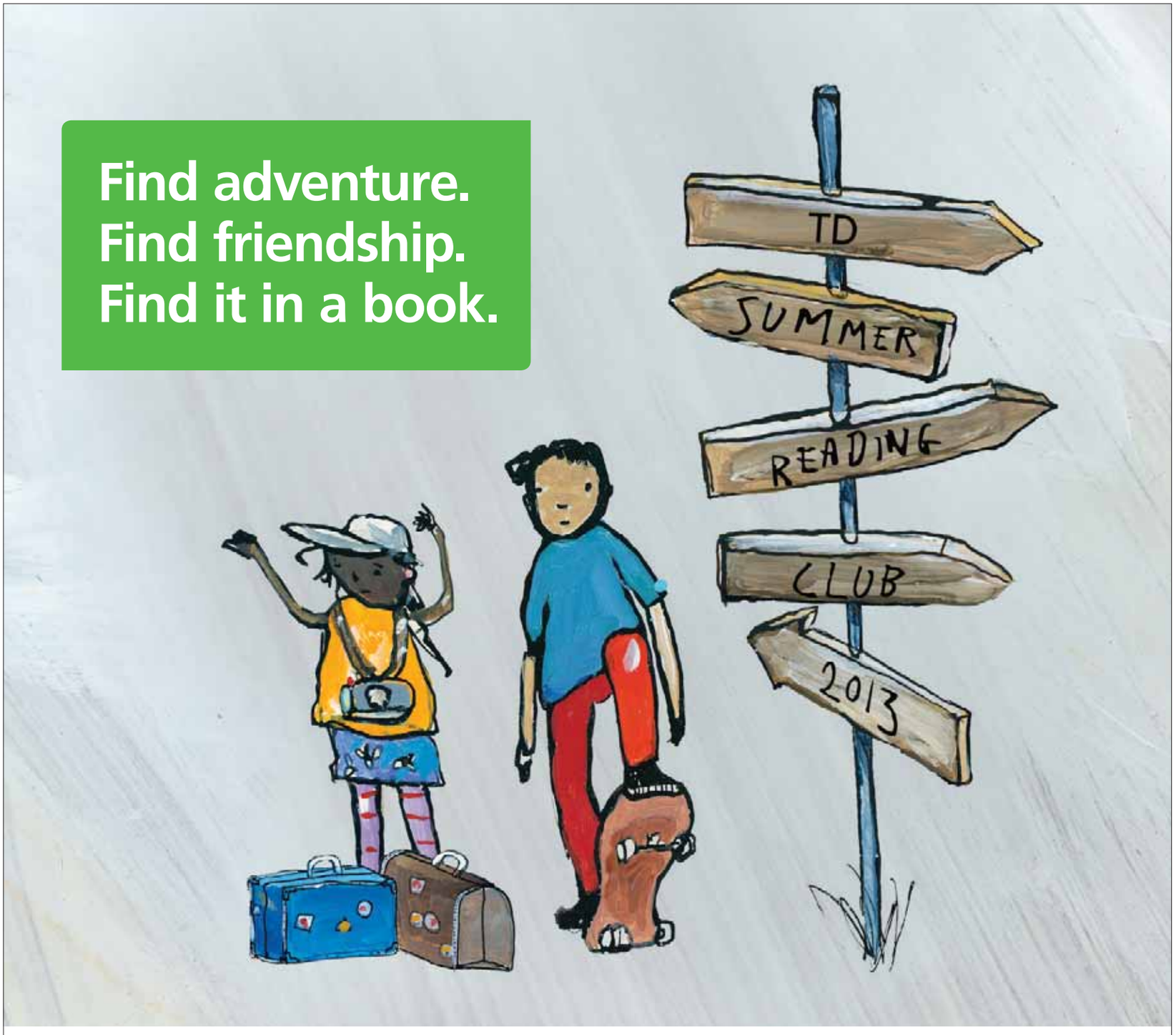

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NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government "immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for revealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterror tool. The disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."
Edward Snowden

Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African Foreign Ministry's computer network, targeting the Turkish delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

Russians responded angrily.

"It's a scandal! The U.S. and British special services tapped Medvedev's phone at the 2009 G20 summit. The U.S. denies it, but we can't trust them," Alexei Pushkov, the chief of the foreign-affairs committee in the lower house of Russian parliament, wrote on his Twitter feed Monday. THE ASSOCIATED PRESS

No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

- "We never comment on security or intelligence issues and I am not about to start now," he said.

Obama, Putin agree to pursue Syrian peace talks

Russian President Vladimir Putin told U.S. President Barack Obama on Monday that their positions on Syria do not "coincide," but the two leaders said during the G8 summit that they have a shared interest in stopping the violence that has ravaged the Middle Eastern country during a two-year-old civil war.

Obama acknowledged in a bilateral meeting with Putin in Northern Ireland that they have a "different perspective" on Syria but he said that both leaders wanted to address the fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war.

While Putin has called for negotiated peace talks, he has not urged Syrian President Bashar Assad to leave power, and he remains one of Assad's strongest political and military allies. The White House did not expect any breakthrough with Putin on Syria during the G8 gathering. THE ASSOCIATED PRESS

U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. They discussed the ongoing conflict in Syria during their bilateral meeting. EVAN VUCCI/THE ASSOCIATED PRESS

Syria

Be wary of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

Bashar Assad's comments were his first since the decision by the U.S. to authorize weapons and ammunition shipments to Syrian rebels.

THE ASSOCIATED PRESS

Alleged harassment

Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

The allegations are the latest sign that the Rwandan government is the not-so-secret backer of the M23 rebel group in Congo.

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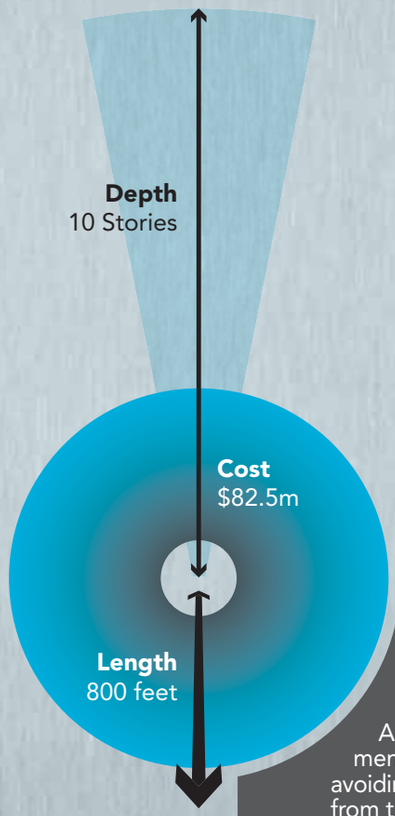

TUNNEL FACTS

Our new pedestrian tunnel will make accessing the airport easier, reducing congestion. Construction was funded completely by the private sector, based on part of the existing Airport Improvement Fee paid by every passenger. And we incorporated City water and sanitary main improvements into the tunnel that will save city taxpayers $10 million by avoiding duplicate construction. So while everyone can benefit from the tunnel, only those who use the airport paid for it.

Billy Bishop Toronto City Airport

billybishopfacts.ca

Riding the revolutionary wave, with their guitars in hand

Stepping up and stepping out. After decades of activism by Grup Yorum, an adoring audience is finally in sync with the band's revolutionary message

ELISABETH BRAW
Metro World News in Istanbul

Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs. METRO WORLD NEWS

The door testifies to the kind of visitors who tend to turn up here: It's made from heavy steel. Yes, the police raid this house every so often. That's because its residents are not just the stars of Taksim Square but also Turkey's most prominent revolutionaries, period.

"Right now three of our members, including my wife, are in jail," Cihan Keskek tells me as he shows me around the house here in the lower-class neighbourhood of Ortaköy where he and his bandmates live in a commune. Yes, this is a Communist band. In fact, in their songs, Grup Yorum propagate a Marxist revolution. "Protest isn't enough," says Keskek, who plays a traditional Turkish instrument similar to a guitar or banjo. "We need a revolution."

Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs, often including writings by leaders like Che Guevara. In addition, the band and a core group of supporters — who also live and work here in this 20-member commune — produce a Communist magazine. On the ground floor they run a café, where guests can peruse radical literature and help themselves to mini-guitars, carved in wood by jailed band members.

But the musicians have paid dearly for their activism. Since the band's inception in 1985, members and supporters have been sent to jail more than 400 times, according to their own calculations. Members report that during their regular visits to the commune, police officers destroy the interior, particularly the group's recording studio. Every time the group buys new equipment and builds a new door.

For a long time, Grup Yorum's revolt was a lonely one. People were afraid to attend Grup Yorum's concerts. Media didn't dare to write about the band. But all of a sudden that has changed. Recently Grup Yorum played to some 55,000 fans in Istanbul. They play to rapturous audiences in Gezi. Reflects Keskek: "Now people have passed their fear threshold."

Outside the commune, two members document the revolution, speaking with local residents. They take me to a city park, the Sibel Yalcin Park (named after a female member killed by the police), which Grup Yorum has taken from the city and now operates: No fear there either. The folk music group could celebrate its improbable PR victory over the government.

Rockin' against regimes

1. **Hamada Ben Amor, a.k.a El General:** Hero of Tunisian uprising
2. **Ramy Essam:** Wrote the Jan. 25 theme song of the Tahrir Square revolution
3. **Y Crew:** Egyptian revolutionary hip-hoppers
4. **DARG (Da Arabian Revolutionary Guys):** Gaza's leading hip-hop group

Taking up space

Women make up half of NASA's newly recruited astronauts

The U.S. space agency has eight new astronauts — its first new batch in four years.

Among the lucky candidates: The first female fighter pilot to become an astronaut in nearly two decades. A female helicopter pilot also is in the group. In fact, four of the eight are women, the highest percentage of female astronaut candidates ever selected by NASA.

Monday's announcement came on the eve of the 30th anniversary of the launch of the first American woman in space, Sally Ride. She died last summer. THE ASSOCIATED PRESS

Auckland, N.Z.

Locked-out man survives highrise clamber and fall

A man was recovering in a hospital Monday after surviving a plunge from the 15th floor of his New Zealand apartment building.

Police said when the 20-year-old man discovered he was locked out of his 14th-floor unit, he decided to try and scale down the outside of the building from an apartment directly above his. Police said he was trying to land on his balcony when he fell, landing on the roof of an adjacent building far below.

He was at first listed in critical condition but had improved Monday to a satisfactory condition.
THE ASSOCIATED PRESS

Calculated moves

China petaflops its way to supercomputer stardom

China has built the world's fastest supercomputer, almost twice as fast as the previous U.S. holder and underlining the country's rise as a science and technology powerhouse.

The TOP500 listing of the world's fastest supercomputers released Monday says the Tianhe-2, which means Milky Way-2, developed by the National University of Defence Technology in central China's Changsha city is capable of sustained computing of 33.86 petaflops per second. That's the equivalent of 33,860 trillion calculations per second.
THE ASSOCIATED PRESS

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Deadly airport expanding despite danger

Lukla, Nepal. Gateway to Everest is site of three major crashes, 35 fatalities since '04

As soon as the decades-old Twin Otter plane landed at Lukla airport, passengers burst out in applause. They do that for nearly every safe landing at the often terrifying airport at the gateway to Mount Everest.

At an altitude of 2,843 metres, the small airstrip is narrow, short and sloped. Miss the runway by a few metres and the plane would hit a mountain.

"After you cross the river there is no turning back, you have to land," said Pramod Poudel, a Tara Air pilot who has flown hundreds of these flights to Lukla.

Only one chance

"If you don't do the proper calculation or proper exercise, then it" — meaning an accident — "happens."

Pramod Poudel, Tara air pilot.

Crashes are not uncommon. In 2008, 18 people were killed when a plane smashed into the side of the runway and caught fire while trying to land in heavy fog. Fourteen were killed in August 2010 and three in May 2004.

Despite the danger, the airport has expanded tourism and jobs in the area. In addition to trekkers, the flights bring in food and other supplies. THE ASSOCIATED PRESS

A woman holding her child watches a plane take off from Nepal's Lukla airport last month. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

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Hong Kong to U.S. flight. Passenger cries poisoning, police greet landing plane

A flight from Hong Kong on which a man claimed everyone was poisoned landed safely Monday at Newark Liberty Airport. The man was taken off the plane under a heavy police presence.

The man stood up during the flight to make the claim but there was no indication that any passengers aboard United Airlines Flight 116 were actually poisoned, an FBI spokesman said.

After the passenger caused a disruption, procedures were followed and the flight continued on as scheduled with 238 passengers aboard to Newark, just outside New York City, the airline said.

A large police contingent met the flight as it arrived, a passenger from another plane said.

Merrill Amos, a graduate student on her way back to San Francisco after attending a wedding in upstate New York, said dozens of police vehicles surrounded the plane after it stopped on the tarmac a few hundred metres short of the terminal. Amos said she saw a few passengers walk down a portable staircase and get into a waiting ambulance.

Amos said she saw authorities "dragging" a man she assumed was the passenger in question down the stairs and into a white SUV.

"He wasn't passed-out limp, but he looked very sluggish," Amos said.

The plane then taxied to the gate to allow the rest of the passengers to get off, she said. THE ASSOCIATED PRESS

NSA data-mining scandal. U.S. envoy to Canada says citizens safe from spying

The U.S. envoy to Canada dismisses concerns that his country is invading the privacy of Canadian citizens.

U.S. Ambassador David Jacobson was commenting on the intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret, data-mining program called Prism has given the U.S. government access to a massive cache of digital information from companies such as Google, Microsoft and Apple.

That has since sparked a probe by Canada's privacy commissioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians. Stoddart said the scope of the information reportedly being collected raises "significant concerns."

U.S. Ambassador David Jacobson
THE CANADIAN PRESS

Jacobson says Americans and Canadians can take comfort in the fact that respect for privacy and individual liberty are highly regarded values in his country. THE CANADIAN PRESS

Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship.

During the pregnancy, they had attempted to find a place through the Calgary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Anxiety

"This has been really hard on my health. I don't know what we're going to do."
New mother Lenora Belanger

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY

Lenora Belanger and her newborn, Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO IN CALGARY

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-inspections official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project. THE CANADIAN PRESS

Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- **The Atlantic magazine ran a story on its website titled:** "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Monday and, no, it was not the one you expect."
- **There was a similar response on the Gawker website:** "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Ford that has not been proven.

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Music

Jay-Z gives away album to 1M Galaxy users

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.

Jay-Z
GETTY IMAGES

The new album, called Magna Carta Holy Grail, will be free for the first one million Android phone owners who download an app for the album. Those who do so will get the album on July 4, three days before its official release, according to a Sunday statement. THE ASSOCIATED PRESS

Consulting firm buys historic Masonic Temple

Real estate. Info-Tech Research Group will put satellite office in storied space where everyone from Frank Sinatra to Led Zeppelin played

Toronto's Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid $12.5 million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zeppelin.

Info-Tech, which is headquartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country.

"We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says.

"This spot not only offers an amazing space ... but it's got great history."

The building has served as a concert hall where musicians including Frank Sinatra performed. It was also a favourite rehearsal space for the Rolling Stones.

McLean says he will maintain the spirit of the entertainment era with meeting rooms named after some of the more famous musicians who have graced the Masonic Temple. He also plans to decorate the space with memorabilia that harkens back to the building's rock-star days.

THE CANADIAN PRESS

London, Ont.'s Info-Tech Research Group has bought the historic Masonic Temple building in Toronto, which was most recently home to MTV Canada and previously hosted famous bands like the Foo Fighters. TORSTAR NEWS SERVICE FILE

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Foreign ownership

U.S. telcos likely not keen on Canuck wireless market, says analyst

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst.

"If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group. "These are companies that make big bets for big pots."

The Globe and Mail reported that Verizon has talked with Wind Mobile investors and also flirted with the possibility of picking up Mobilicity. AT&T, Norway's Telenor and Great Britain's Vodafone were also cited as possible investors, it said.

Foreign carriers in Canada are restricted to buying wireless companies that have 10 per cent, or less, of the marketplace.

THE CANADIAN PRESS

Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple discloses U.S. data-request figures

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ending in May.

The company, like some other businesses, had asked the U.S. government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

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Fast-food companies attempt to engineer that homemade look

Tricks of the trade. Consumers still love their processed food — just so long as it appears wholesome

Here's the latest goal for food makers: Perfect the art of imperfection.

When stretching out the dough for its premium Artisan Pizzas, Domino's workers are instructed not to worry about making the rectangles too perfect: The pies are supposed to have a more rustic look.

At McDonald's, the egg whites for the new breakfast sandwich called the Egg White Delight McMuffin have a loose shape rather than the round discs used in the original Egg McMuffin.

And Kraft Foods took more than two years to develop a process to make the thick, uneven slabs of turkey in its Carving Board line look like leftovers from a homemade meal rather than the cookie-cutter ovals typical of most lunchmeat.

"The goal is to get the same action as if you were cutting with a knife," said Paul Morin, a Kraft engineer.

Quoted

"They can't change the fact that they're making processed products so they have to use these other tricks to pretend."

Michele Simon, a public health lawyer and author

Food companies are responding to the adage that people eat with their eyes. Americans still love their fast food and packaged snacks, but they're increasingly turning their noses up at foods that look overly processed. Home-cooked meals — or ones that at least look like they were homemade — are seen as more wholesome and authentic.

The result is that companies are tossing out the identical shapes and drab colours that scream of factory conveyor belts.

There's no way to measure exactly how much food makers are investing to make their products look more natural or fresh. But adaptation is seen as necessary for fuelling steady growth.

THE ASSOCIATED PRESS

Kraft Foods took more than two years to make the slabs of turkey in its Carving Board line look like leftovers from a homemade meal. KRAFT FOODS

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U.S. 7-Eleven stores raided as franchises are accused of exploiting immigrants

Nine owners and managers of 7-Eleven stores across Long Island and in Virginia were charged on Monday in a scheme to exploit immigrants from Pakistan and the Philippines, in part by paying them using the stolen Social Security numbers of a child and three dead people while stealing most of their wages.

Most of the defendants were arrested early Monday as federal authorities raided 14 franchise stores.

Immigration and Customs Enforcement agents were executing search warrants at more than 40 other stores across the country suspected of similar infractions, authorities said. "These nine defendants created a modern-day plantation system, with themselves as overseers, with the immigrant workers as subjects, living in their version of a company town," said U.S. Attorney Loretta Lynch.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.26¢ (-0.08¢)

TSX 12,288.90 (+101.53)

OIL $97.77 US (-8¢)

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SCREEN TIME DISRUPTS A GOOD SNOOZE

SHE SAYS

Jessica Napier
metronews.ca

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lie awake past my bedtime isn't this cycle of my own erratic thoughts — it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation that effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood-pressure levels, reduced mental clarity and heightened risk of diabetes and obesity.

Most of us know the importance of a good night's sleep but we don't necessarily think twice about satisfying our late-night tech cravings.

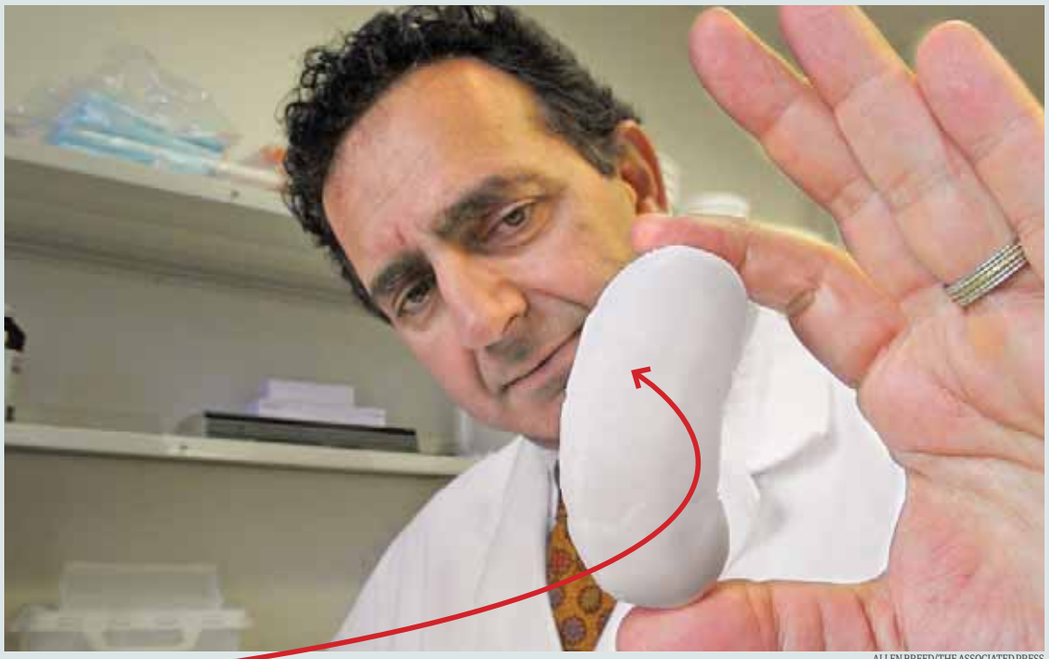
Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily you don't have to choose sides in the 'real'-camera-versus-iPhone fight. Follow these professional photographers who use iPhones too.

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Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West.
coryrichards.com

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This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion. **Dennis posted to metronews.ca**

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something then the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
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The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

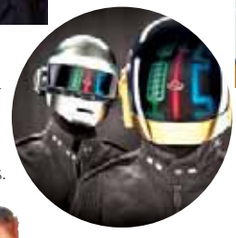
MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.

Bon Iver 2010/2013 — Two tracks from My Beautiful Dark Twisted Fantasy —Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.

The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.

Skrillex 2013 — Kanye and the Dubstep king confirmed they collaborated on a track for Yeezus

CONTROVERSIES

Kanye vs. AIDS 2005 — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."

Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.

Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."

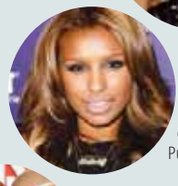
Kanye as Hitler 2011 — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.

Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass"—twice. "I don't give a f—k what the president's got to say," Kanye rapped.

LOVERS

Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.

Brooke Crittendon 2004 — While taking a break from Phifer, Kanye dated the Harlem Heights star.



Melody Thornton 2010 — Kanye was seen holding hands and attending red carpet events with the former Pussycat Doll.

Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.

Selita Ebanks 2010 — After the Victoria's Secret model starred in his Runaway video, the two reportedly got together.

Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

LIFESTYLE

Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure

Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.

Louis Vuitton X Kanye West 2009 — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.

Met Ball 2013 — Yeezy gets put on Vogue's Best Dressed at the Met Ball list— but they crop out his date, the floral couch-wearing Kim Kardashian.

Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.

Frances Ha. Greta Gerwig's not a kid anymore

Greta Gerwig stars in Frances Ha, which opens Friday. HANDOUT

Time is something that has always been on Greta Gerwig's mind.

Her new film, Frances Ha — which she stars in and co-wrote with director Noah Baumbach — deals intimately with the growing pains that hit around age 27, both in terms of friendships and relationships as well as career. And if there's one lesson Gerwig, 29, has learned, it's that you have to stop comparing yourself to others.

This movie deals a lot with what some people might call suspended adolescence.

Yeah, yeah. That's a thing. I don't know, it's probably a combination of cultural factors, but I think being a young man for a very long time meant ... a lot of people went into the military. I mean, my grandfather and my great-uncles. And my parents' generation, it was like if you didn't go to Vietnam there had to have been a reason. And then women obviously got married much younger and had children much younger. And now it's like we don't have the preponderance of marriage or death, so it's a different thing. But I think regardless of whether you have arrested adolescence or suspended adolescence or not, I think there is a passage out of youth that happens around 27 or 28, and I was really interested in that. I'm not that interested in youth, I'm interested in the death of youth. But I always felt that way, even when I was 21 or 22. I was always kind of interested in the moment when you pass out of it.

NED EHRBAR/MWN

Being 23

On talking about age, Gerwig says she remembers being 23 and at a birthday party for a 17-year-old and feeling like "the oldest person in the world." "It's like you're ancient. And then I remember telling people around me that and them saying, 'You're a freak. 23 is young. Why is this bothering you?' ... But I feel like I've always had a sense of fatality when it comes to passing through moments."

Wearing Paris Hilton's stilettos is hard work

The Bling Ring. Young actor Israel Broussard talks about taking on a role that's based on a real person and keeping a level head in Hollywood

NED EHRBAR
Metro World News in Hollywood

The Bling Ring opens on Friday. HANDOUT

You think acting is hard? You should try it in pink stilettos. At least that's a lesson 19-year-old Israel Broussard learned with Sofia Coppola's the Bling Ring as Marc, the sole male member of a group of teens who burglarize a slew of celebrities partly out of greed and partly out of admiration. The story is true — Broussard's Marc is based on Nick Prugo — but Coppola chose to change the names so as to not reward the fame-hungry.

How much did you concern yourself with Nick Prugo and the actual events?

I didn't really reach out to meet him nor do I think I will. If we ever bump into each other some time it might be a little bit weird — I mean, to me at least it will be weird, I don't know about them. I really didn't have much interest in meeting Nick Prugo, and I'd say the most I know about him is the video where he's booty-shaking on TMZ, which is the one I re-did, so if we were to meet each other we'd have to probably fist-bump over that. That's just like, we're bros now, you know? I don't know much about the girls. The girls I paid no attention to, besides Pretty Wild (Alexis Neiers). I'll recognize her. She is one whole chandelier. Sofia said she didn't want to make the people we portrayed in this movie more famous, which of course that's unavoidable. They are going to get at least a little more famous. But that's why she changed the names.

This film must give you a unique perspective on keeping a level head in Hollywood.

Well, my mom and stepdad were very strict. I come from a really good upbringing, so I've got a level head. You know, of course I'm a teenager, I'll do something stupid every now and then. But for the most part they made sure I wasn't going to jump off the deep end.

It's nice to see a gay teen character where it's just a part of his personality instead of being his personality.

I'm glad you see it that way because that's how we wanted it to be seen. First of all, I'm very open-minded and I have no problem with anything. I don't have any judgment toward anybody, but where I come from that's still judged. So when I was reading the (script) they gave me, I was like, "Mom, I think this dude's gay." She was like, "No he's not," and I was like, "No, he is," (laughs). And I was kind of worried about going back home, are people going to make fun of me for this? What it broke down to was I wore pink heels in Paris Hilton's closet. I can live with that. I find that now that I've done it, it's like why was I even worried about it? It's a role. It was fun.

Real or not?

The Bling Ring is based on the true events of a gang of L.A. teens ripping off celebrities. So how does Hollywood stack up to reality?

- **In the film.** Harry Potter star Emma Watson plays attention-seeking Nicky, whose self-satisfied speeches outside the courthouse are a highlight of the film. But the real leads are the Bling Ring-leaders played by Israel Broussard and Katie Chang, portraying characters based on Nick Prugo and Rachel Lee.
- **In real life.** There is no Nicky. Watson's character is based on Alexis Neiers, who had an E! reality series called Pretty Wild that chronicled her arrest and jail time.
- **In the film.** Broussard and Chang find a key under Paris Hilton's mat on their first visit, granting them access to the reality TV star's home.
- **In real life.** They did in fact find a key under the mat. Prugo claims he and Lee targeted Hilton because they thought she was "dumb." Hilton appears in the film as herself and allowed Coppola to film in her house.

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Superman showdown. Terence Stamp still kneels before the old Zod

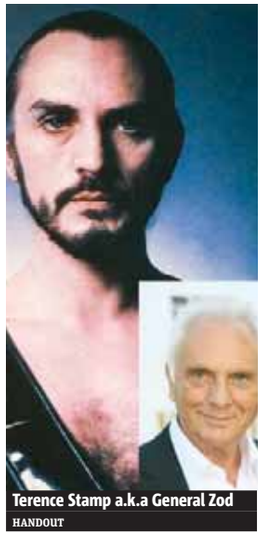
In his storied, 50-year career as an actor, Terence Stamp has had few roles as memorable as the villainous General Zod in 1980's Superman II, directed by Richard Donner. And while Zod plays a major part in Zack Snyder's update on the Superman story, Man of Steel (played this time by Michael Shannon), Stamp worries the new film won't measure up.

"I'm kind of sad, but to be honest with you I think Dick Donner's Superman movies were the benchmark, really," says Stamp, who cautions that he hasn't seen Man of Steel yet — and probably won't.

"I mean, every kind of comic book movie of that genre took from those first two Superman movies, you know? So I would be very surprised if it was as funny and as sophisticated, but then the youth of today is not interested in that. I think if Donner's movie came out now, it wouldn't be as charming as it was then."

Stamp remains proud of the work he did for Donner taking on Christopher Reeve's Superman, which is good since the legacy won't be leaving him anytime soon.

"I mean, in London, there's never a day that passes that somebody doesn't come up to me and say, 'Kneel before Zod.' And they're all about 45," he says with a laugh.



Terence Stamp a.k.a General Zod HANDOUT

NED EHRBAR, MWN

Partnership

Netflix dreams big with new deal

Netflix is going to start running original television series from Dreamworks Animation. Financial terms were not disclosed.

Netflix Inc. says the multi-year agreement is its biggest deal ever for original first-run content and includes more than 300 hours of new programming. It expands on an existing relationship between the companies.

For Dreamworks, the transaction announced Monday is part of a major initiative to expand its television production and distribution worldwide.

Netflix has been adding original programming to its roster of movies, and debuted the original series House of Cards on Feb. 1.

THE ASSOCIATED PRESS

College: as told by a misfit

Monsters University. Billy Crystal sees parallels between his own NYU stint and his character's university experience

NED EHRBAR
Metro World News in Hollywood

Billy Crystal has played a lot of memorable characters — Harry in When Harry Met Sally, Mitch in City Slickers, Miracle Max in the Princess Bride — but after nearly 40 years in the business, he has a clear favourite from his repertoire: Mike Wazowski, the one-eyed green ball from Monsters, Inc.

So naturally the idea of reprising the role was one he welcomed. "Mike is fearless. He's really the favourite character I've ever played in anything I've done. I've really missed doing him," Crystal says.

But Crystal soon learned that in reprising Mike, he wasn't going to be doing any ordinary sequel. The pitch came short and sweet from Pixar and Disney Animation chief John Lasseter.

"It was at John's 50th birthday party, and (he) said, 'We have the idea. It's a sequel, but it's a prequel. They're in college.' And he just walked away," Crystal remembers. "But he left an idea, and I went, 'Oh, this is gonna be great.'"

The film finds Monsters, Inc. buddies Mike and Sully (John Goodman) as just out of whatever the monster equivalent of high school is and not even acquaintances yet. In fact, a main conflict of the prequel is how much they initially don't like each other as they navigate the world of college. While Sully is a hulking jock coasting on his natural abilities and family name, Mike is more of an outsider. That was something else Crystal found easy to relate to.

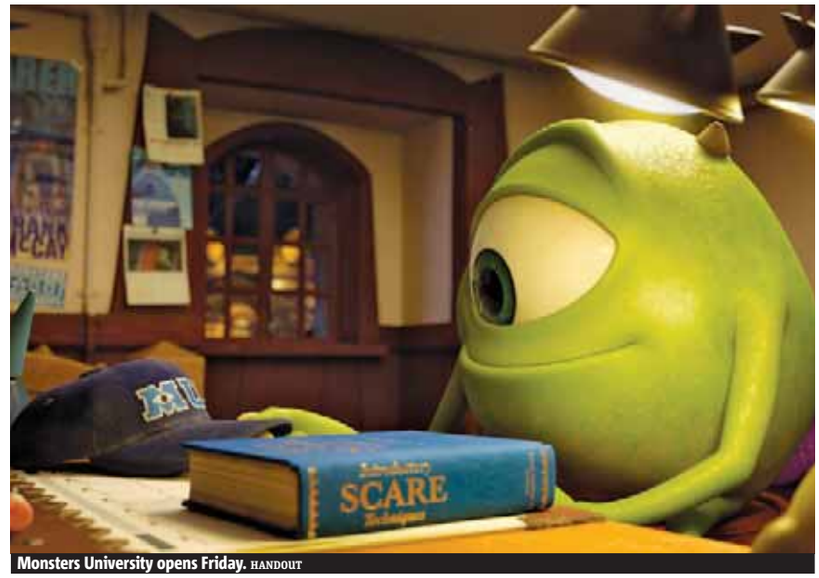
"I have to admit, I was a little bit of a misfit," he remembers.

"I was a film-directing major at NYU. I'm still not sure why I became a directing major when I was really an actor and a comedian, so I felt like I was a misfit, in a way, because all those other people — it was Oliver Stone, Christopher Guest, Mike McKean — were film people. Our professor was Marty Scorsese. Mr. Scorsese, which is what I had to call him — which I still do, when I see him, because he gave me a C."

Much as some valuable introspection and adversity points Mike to a career path he hadn't considered, Crystal soon found something he was better suited for than directing.

"Once I found a theatre group, then that becomes your fraternity house," he says.

"That really becomes your thing. In this movie, they find out who they are. That's the most important element of this movie to me: Mike has a dream, and the dream may not work out, and then he has to readjust and recalibrate. So for me, that really happened then."



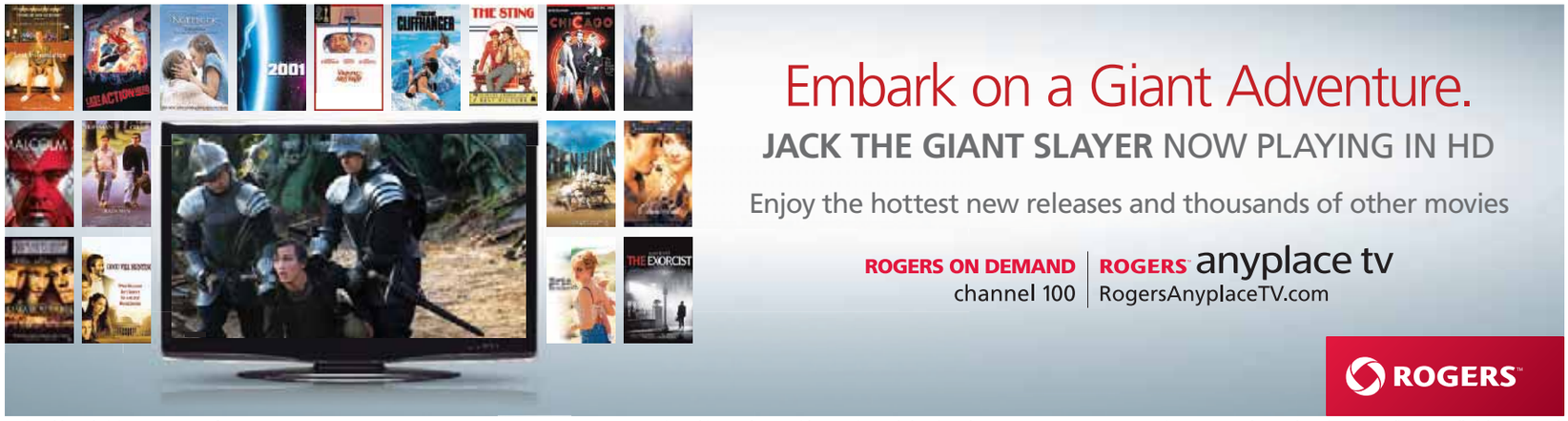
Monsters University opens Friday. HANDOUT

Crystal confessions

Things that go bump in the night

The world of Monsters University is fuelled by screams and fear, harvested from unsuspecting human children, and to do the job properly — as Billy Crystal's Mike learns in the animated prequel — you have to really know what's going to scare someone. Which begs the question, what scares Crystal himself? Turns out he's afraid of the dark. "I still don't love the darkness, though I've learned to smile in it a little bit now and then," he admits, letting his usual quippy demeanor falter a bit. "The unknown has always been a little scary when you think about those things, especially as you get older. Boy, that got heavy."

NED EHRBAR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DVD reviews

Stoker

Director. Park Chan-wook

Stars. Mia Wasikowska, Nicole Kidman, Matthew Goode

●●●●○

The missing list keeps growing in this stylish chiller by celebrated South Korean auteur Park Chan-wook (Vengeance trilogy). The film proceeds like a Brian De Palma homage to Hitchcock — albeit one loaded with Park's symbol-laden visuals.

What were the circumstances of the bizarre accident that claimed the father (Dermot Mulroney) of young India Stoker (Mia Wasikowska) on the occasion of her 18th birthday? More curious than the MIA people, though, are the ones who suddenly hover into view. The strangest of all being Uncle Charlie (a creepy Matthew Goode), not by accident named for Joseph Cotton's character in Hitchcock's Shadow of a Doubt. Charlie has been absent from the lives of India and her fragile mother Evelyn (an intense Nicole Kidman), but now says he wants to be very close to them.

What does he really want? Park seems to be enjoying himself with his English-language debut, although his family fun is more Manson than Disney.

Extras include deleted scenes and making-of featurettes.

PETER HOWELL

Movie 43

Director. Peter Farrelly and others

Stars. Liev Schreiber, Emma Stone, Richard Gere

●●●●●

There's just one use for Movie 43, apart from it being ground into the landfill that it deserves to become sooner rather than later.

It provides me with a handy new answer to a question I'm often asked: "What's the worst film you've ever seen?" Written and directed by a committee led by gross-out king Peter Farrelly, Movie 43 is nothing more than factory discharge; sketches featuring everything from feces tossing to testicle waving.

When it's not being simply rude, the film turns despicable, with "jokes" about incest, sexual molestation and child and animal abuse. Movie 43 features stars such as Kate Winslet, Halle Berry, Hugh Jackman and Naomi Watts, all of whom should fire their agents. The Blu-ray includes a Find our Daughter featurette.

PETER HOWELL

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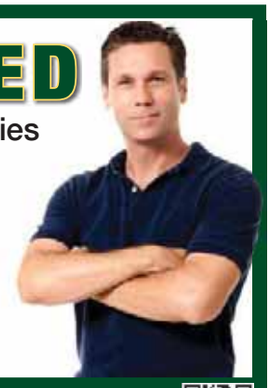

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Scott Synder wrote Superman Unchained. GETTY IMAGE

Snyder takes the shackles off with Superman Unchained

Comics. To mark Man of Steel's diamond anniversary, writer honoured to be part of 'tide of excitement' placing superhero back in the spotlight

SHAUN BRADY
Metro World News in New York City

What do you get for the superhero who has everything? Award-winning short story writer Scott Snyder decided to celebrate Superman's diamond anniversary by writing "the kind of story I would tell if I got just one chance to tell a Superman story."

The result is Superman Unchained, a new series which pits the Man of Steel against a new adversary while reprising many of the characters and places that have been integral to the red-caped icon since his 1938 debut in Action Comics No. 1.

"I wanted it to feel both classic and fresh at the same time," Snyder says. "So you'll see all the things that you love about the Superman mythology, but there will be elements that really shake it up."

Snyder, who has met acclaim with his work on Batman comics in recent years, calls writing for Superman "intimidating." The first issue, featuring art by DC co-publisher Jim Lee, hit stands last Wednesday, the same day as Snyder's latest Batman effort, and coincides with a number of other 75th birthday celebrations — not least of which is the release of the new movie, Man of Steel.

In addition, a new video game and a new online game are being released this year, as well as a new animated movie.

"It's hugely exciting and a very big honour to be part of a tide of excitement this year that's about putting Superman back in the spotlight," Snyder says. "I think even though he's the first and in a lot of ways the greatest superhero, people sometimes take him for granted because he's been there for so long."

Vision

"I wanted it to feel both classic and fresh at the same time. So you'll see all the things that you love about the Superman mythology, but there will be elements that really shake that up."

Scott Snyder, creator of Superman Unchained.

Staying Power

Writer's viewpoint. Snyder says that he feels Superman has managed to persist in the popular imagination for three-quarters of a century because "he always stands up for what's right."

Synder adds. I think there's always a place and a relevance for that. At the core, I think what's made him appealing over all these years is that he represents the best of us. He might be an alien, but he's the most deeply human character in all of comics."

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Trouble Will Find Me, The National's new album, dropped last Tuesday.
GETTY IMAGES

Trouble Will Find The National, but they find beauty within, too

Interview. Aaron Dessner, guitarist for The National, talks about new album and what it's like working with his brother

PAT HEALY
Metro World News

Aaron Dessner is on drugs. The guitarist for The National had to push back this interview twice because he was visiting the doctor for a stiff neck, an occupational hazard, it turns out.

"I think it might have been from that six-hour Sorrow thing," he says, before adding, "We played the same song for six hours and my back was super tight from that and it never really relaxed."

Dessner, who, along with his brother Bryce, writes most of the music for the band, discusses the band's brilliant new Trouble Will Find Me album, which came out Tuesday.

How did you come to play Sorrow for six hours straight?

It was a collaboration with this Icelandic artist, Ragnar Kjaransson. He had approached MoMA about wanting to collaborate with us. He does a lot of performance art work with musicians. It's kind of all about repetition and how things change through repetition or take on deeper meaning. So he had this very compelling, charming letter that he wrote to us, and for some reason we were in the mood at that very moment, and we were like, "OK." And when we did it, it was amazing, but we were slightly dreading the whole thing.

There's a lot of dual voices going on with this album.

Making a statement

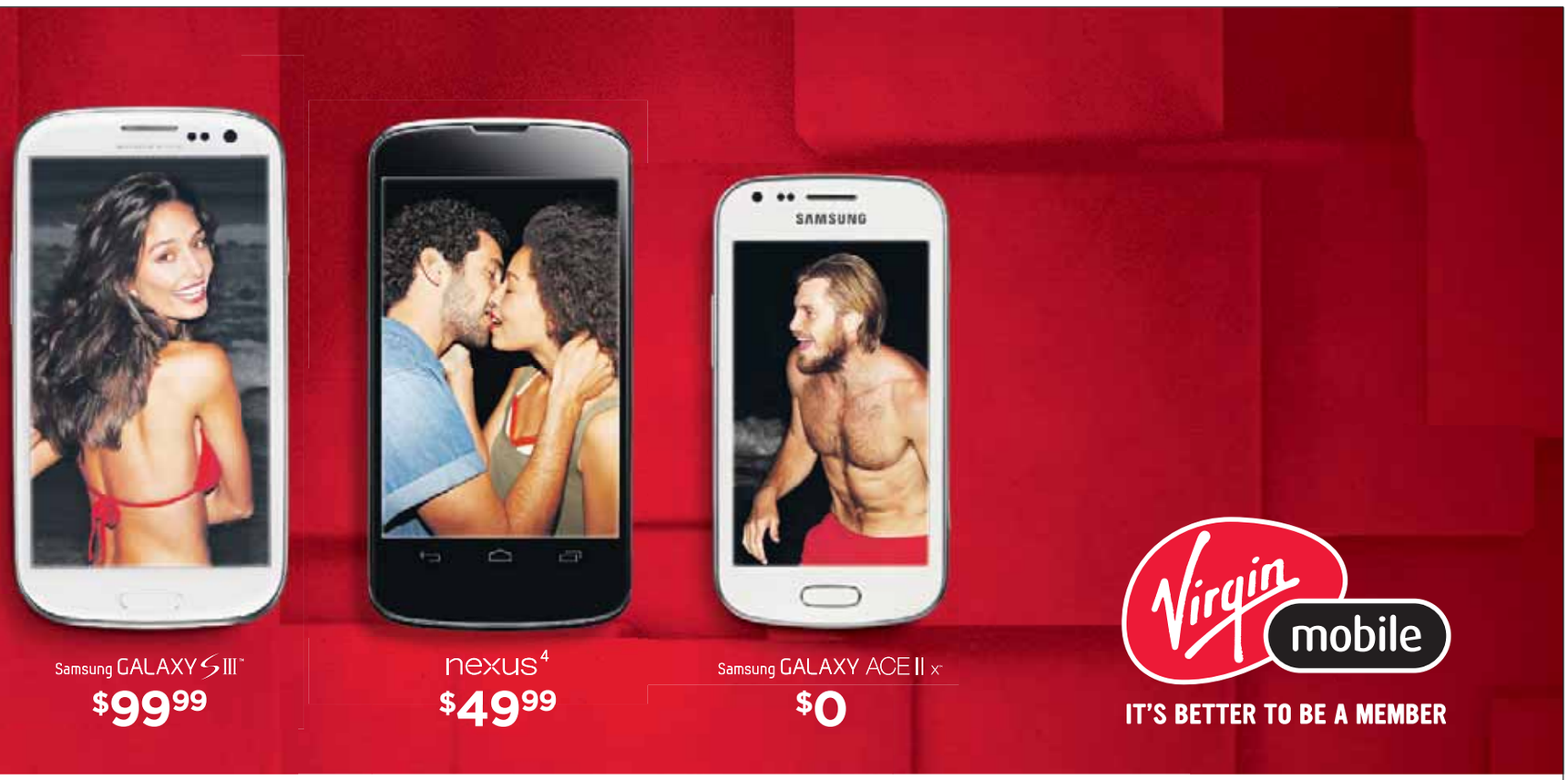
The defining statement of the album seems to be "everything that I love is on the table" from the song, Don't Swallow the Cap. Do you think that's true?

- **Quote.** "I think that's a good point. It's like he's laying it all out there. And I think in a way, lyrically, this record is the most verbose, and the most direct and personal, in places. And in a weird way it pretty much encapsulates everything we've ever done. So, yeah, I think that's fair to say that's a defining line."

We've always used other voices as kind of a silver lining. The juxtaposition of other voices with Matt Berninger's voice makes Matt's voice richer, in a weird way, and more beautiful. So we're still doing that in this case, and there were a few places where we wanted female voices, kind of as characters, and as colour. So with Sharon (Van Etten) and Nona (Nona Marie Invie) and Annie (Clarke), we're fortunate enough to have all of these friends who have amazing voices, and also Richie (Reed Parry), who's on it, from Arcade Fire. And we all sing also. I think it's just an evolution of trying to do that more.

You're involved in so much of the music. Do you and your brother have any involvement with the lyrics that Matt Berninger sings?

We do, but not a lot. If there's things that bother us, or if he's having trouble with something, then we'll talk about it. I was actually there when he was recording a lot of the vocals, so there is some sort of back and forth.



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Stamp of approval. Rosanne Cash talks about her new album, interacting with fans on Twitter and how her dad will tour again, but in a different way

ALISON BOWEN
Metro World News

An Oscar-nominated film and countless recordings have been created to honour country great Johnny Cash, but this will be the first time he travels the world forever.

Last week, the United States Postal Service unveiled a Forever stamp (pictured above right) honouring him in their Music Icons series. His daughter, Rosanne Cash, says the idea of her father's face adorning letters around the world is an exciting honour.

"It would be so special to him," she says. "He's now going to be touring the planet forever. ... And that's what he loved, he loved touring."

She adds, "It's the ultimate American honour, in a way."

Although the stamp was a nod to letters, Rosanne is active on a new communication tool: Twitter, where she interacts as @rosannecash with other musicians, fans and even someone who taught her to knit.

Her father, who never had an email account, would not be tweeting, she says.

"He was such a reflective person, and he enjoyed solitude a lot," she says.

Rosanne, meanwhile, has a new album coming out in January. She says it's about the South and her relationship with the region, partially inspired by Arkansas State University restoring her father's boyhood home.

"My heart started to swell," she says. The region is "really the bed of where this music came from. The connection to that music is so profound to me."

Rosanne Cash. GETTY IMAGES

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Nigella Lawson ALL IMAGES GETTY

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Show of unity from Sharon and Ozzy amid divorce rumours

THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a—hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing." And now they are having a date night. All together now: "Awwww."

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary, it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."

Angelina Jolie and Brad Pitt

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Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS
life@metronews.ca

Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.

Is there anything I absolutely need to take to the beach?

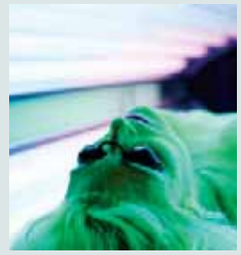
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA

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Bonnie Munday
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You've seen those people striding along the streets and through parks with poles in their hands.

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The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s. Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter. They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

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Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

Ross Pelton, author of The Pill Problem, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce this are oral contraceptives, which prompted Pelton to write The Pill Problem.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with optimal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- **To counteract depression.** "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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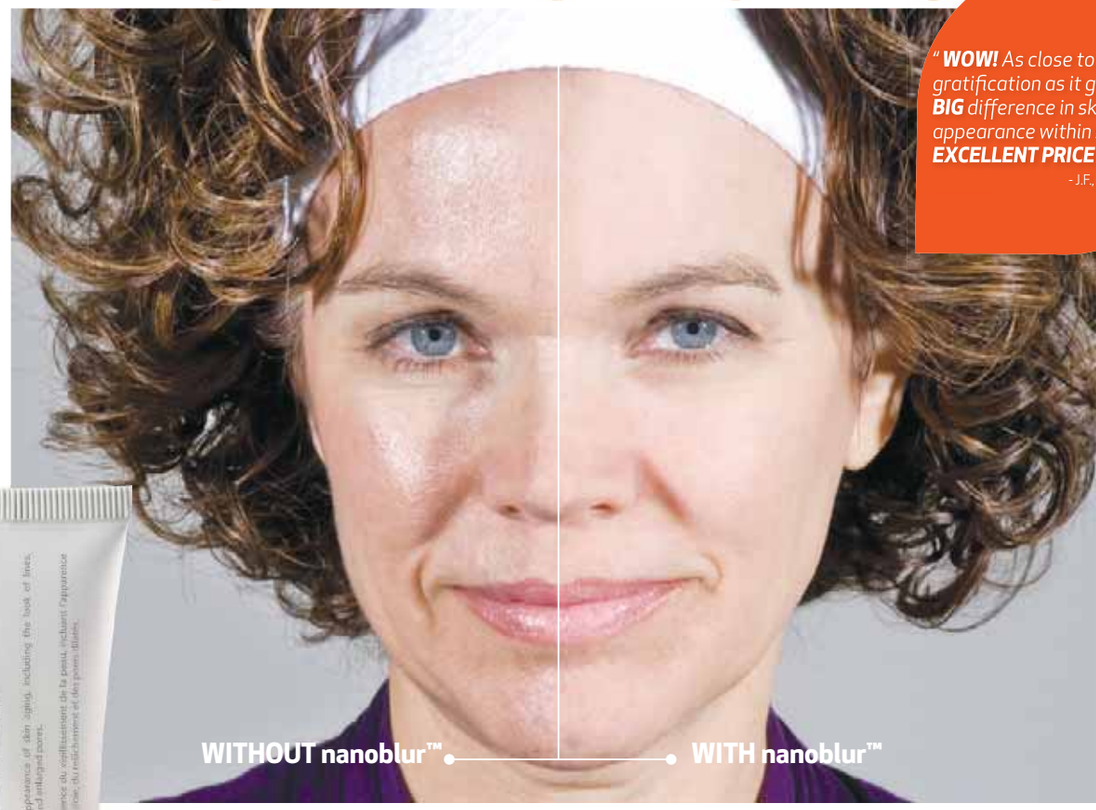

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How to feel good naked

Health. The author of WomanCode turns your body into a "power source" with these tips

MEREDITH ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of WomanCode, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

AVOID

SOY: More specifically, soy protein isolate. It's packed full of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

COW'S MILK: It contains casein, a protein that can make it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.

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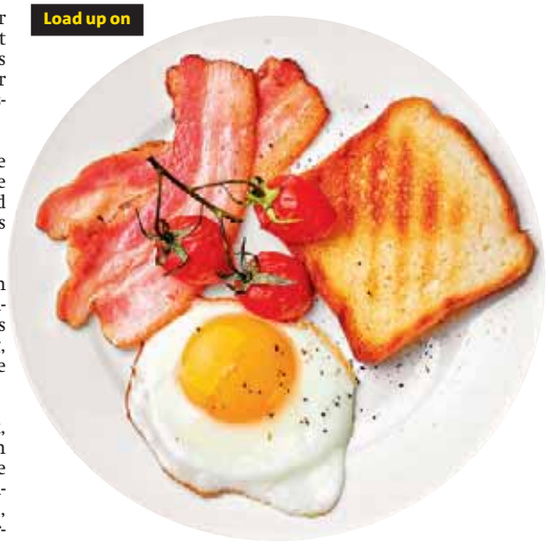
GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EFA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.



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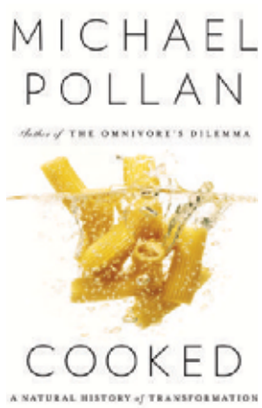
A story of a pilgrimage and food transformation

New book. Cooked: A Natural History of Transformation looks at how the elements transform items from nature into food

Chef Michael Pollan apprenticed himself to a series of culinary masters to discover how elements transform the stuff of nature into food. HANDOUT



Cooked: A Natural History of Transformation. HANDOUT

Michael Pollan makes a powerful argument for home cooking in his new book Cooked. Not only is cooking healthier, but it's also an important life skill he was surprised to find is pleasurable and rewarding.

"Whether you regard cooking as drudgery or alchemy is really in your head and it's really in the attitude you bring to it," says the author of Cooked: A Natural History of Transformation.

"I'm not trying to persuade people into the kitchen. I'm trying to entice them into the kitchen with the promise of satisfaction, pleasure and that's the surprise," he adds.

"It's easy to argue that cooking is good for you ... but the more important thing is that you're missing out, you're being robbed of incredible pleasure and satisfaction in life if you hand this incredible work over to corporations, so take it back for your own good and your own pleasure."

Cooked is an educational pilgrimage in which Pollan, 58, apprentices himself to a series of culinary masters to discover how the classical elements fire, water, air and earth transform items from nature into food. He also shows how cooking involves us in relationships with farmers, history and culture and our family and friends.

The topic of food has been at the forefront of many of his six previous books, including the New York Times bestsellers Food Rules, In Defense of Food, The Omnivore's Dilemma and The Botany of Desire, but he hadn't written about cooking.

"It didn't engage me as a journalist until I realized how important it was to the food system. It really drove what kind of agriculture we had, whether we're cooking or not, and it had a huge bearing on our health and that's really when I decided it would be interesting to write about it," Pollan said during a recent visit to Toronto.

He says he'd always been impatient and inattentive in the kitchen because he felt pressured to get the task done and move on. But his cooking teacher Samin Nosrat taught him to apply the yoga principles of practice, patience and presence.

"Learning just how to be present when you're chopping onions or whatever the job is and not fight it, not try to multi-task, is very hard to learn. We are so used to multi-tasking, but I tend to see that the great luxury in life is uni-tasking, just doing one thing at a time.

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SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS

WANT SEX. NOW.

ARE YOU SINGLE?

- NO → **ASHLEY MADISON**: Connects married people looking for a fling.
- YES → **FREQUENT TRAVELER?**
  - YES → **MEETATTHEAIRPORT.COM**: Up your chances of joining the Mile High Club. The website matches people based on their self-reported travel itineraries.
  - NO → **GAY?**
    - YES → **GRINDR**: Find a guy right next to you, now.
    - NO → **PICKY?**
      - YES → **SEEKINGARRANGEMENT.COM**: Sugar babies seeking a wealthy partner, sign up here.
      - NOT REALLY → **BANG WITH FRIENDS**: Currently too sexy for the iTunes app store, this app lets you select which friends you want to get down with.
      - NOT REALLY → **BLENDR**: Only singles and those ready to mingle need apply to this chat-and-meet app.

WANT TRUE LOVE

INTO CULTURE?

- YES → **HOWABOUTWE**: Post a date idea, see if anyone around you likes the concept.
- I'M INTO EVERYTHING...
  - ...AND WANT IT NOW
    - **ZOOSK**: Their scientific formula + your feedback + real time updates = love in your future.
    - **SKOUT**: Want to say hi to that good-looking gal or guy next to you, but don't know their relationship status? This social network is based on proximity and preferences.
  - ...AND AM WILLING TO WAIT → **UNDER 35?**
    - NO
      - **EHARMONY**: The other famous dating site for those who are really serious (and possibly desperate) for companionship.
      - **MATCH.COM**: The famous dating site for those who are serious about finding a relationship goes mobile.
    - YES
      - **OK CUPID**: Matches users based on deep (and not so deep) personal questions.
      - **BADOO**: Just like school, the more social and active you are, the more popular you'll be.

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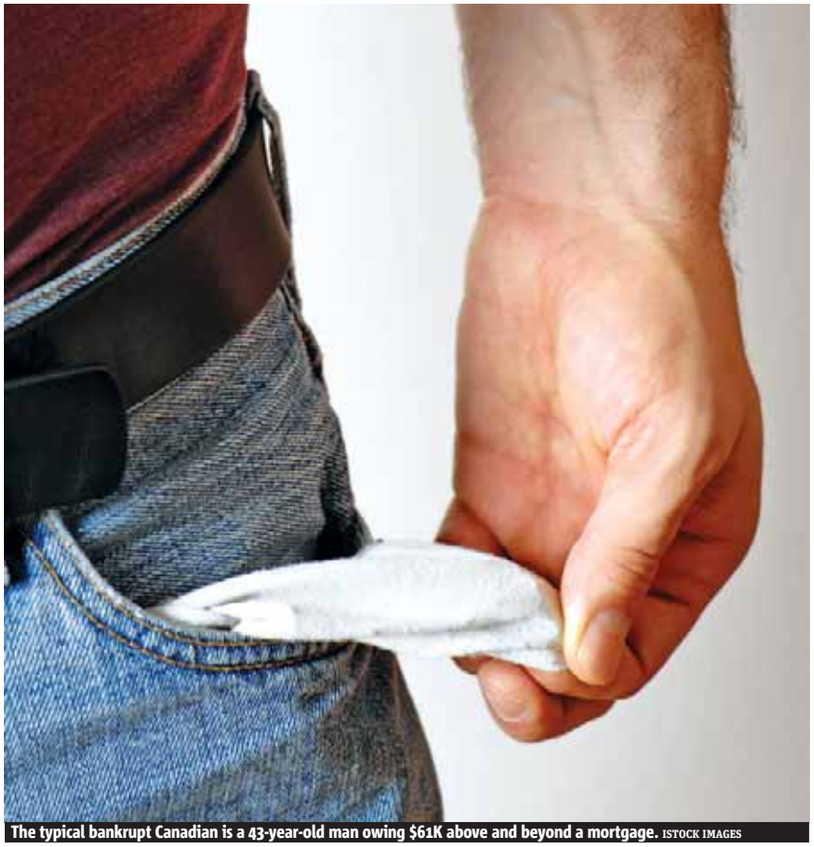

The typical bankrupt Canadian is a 43-year-old man owing $61K above and beyond a mortgage. ISTOCK IMAGES

Male, middle-aged and bankrupt?

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing $61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheloveofmoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than $84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly $70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from $300 to $400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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inc Research

Put the lime in the coconut for a no-bake Island Lime Pie

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

This recipe serves 12. THE CANADIAN PRESS H/O

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chopstick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut. THE CANADIAN PRESS/ RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)

Ingredients

Coco-Macadamia Crust
- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

Avocado Mousse
- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

Frosting
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp)vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

Health Solutions

Bean there, vanilla

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

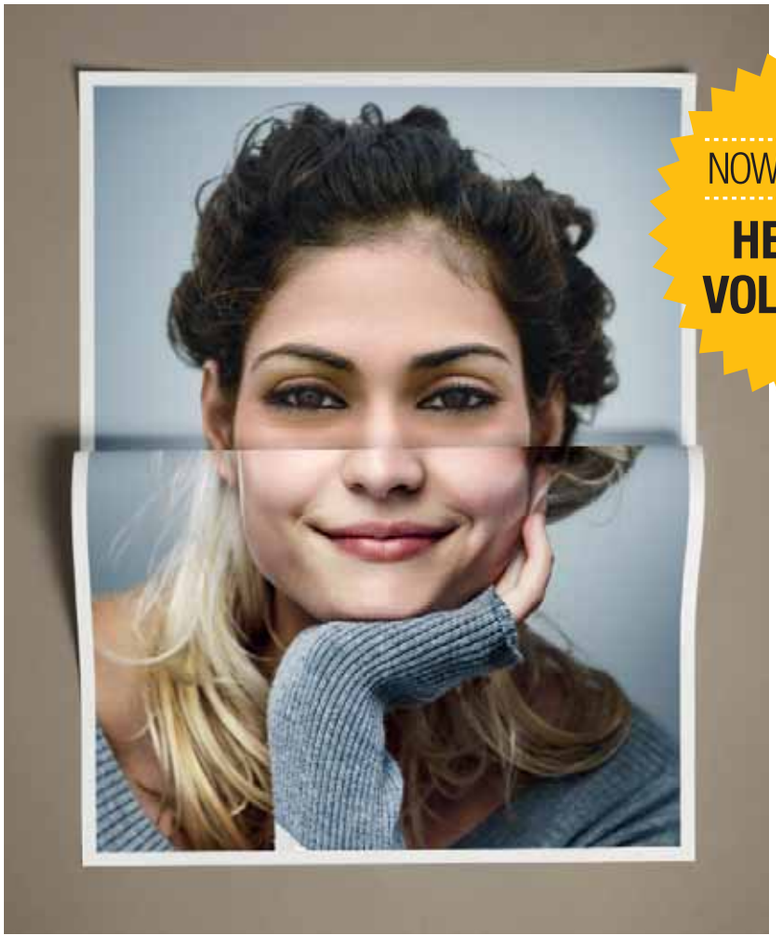
They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Work from 'om': Breathe in a better biz

Free your mind, the rest will follow.
How moments of meditation can give workplace productivity a gentle boost

JANE BORDEN
Metro World News

Your business's productivity grows when employees increase focus, improve decision-making, unlock creativity and improve teamwork skills — all qualities enhanced by mindfulness meditation practices.

In 1995, Mirabai Bush helped found the Center for Contemplative Mind in Society, to explore how mindfulness practices, long used in alternative healing, might affect other sectors of American life. The centre developed programs working with lawyers and judges, social justice activists, higher-education organizations and journalists.

Find your happy place at the foot of your desk. ISTOCK

But it is Bush's work with businesses — like Google, National Grid, Monsanto and General Mills — that's really taking off. We asked her why.

Isn't it surprising that the corporate world is so open to meditation?

Well, successful businesses are extremely pragmatic. They'll do anything if it works. And the bottom line is measurable, unlike in other organizations. Also, in the last 10 years, there has been quite a lot of research on meditation's effects on the brain. All of this is interesting to people in business.

Which practices do companies find most effective?

It depends. We tailor workshops to an organization's needs. For instance, at Google, we realized that these very smart and competitive people had been in front of screens for most of their lives.

They're good at algorithms, but not necessarily at working together. So we set up practices that develop awareness of yourself and others and appreciation for others. It's since been taught at Google headquarters in New York, Zurich, Beijing and Dublin. More than 1,000 engineers have gone through the program.

What's next? If companies are taking 101 now, what's the graduate-level course?

I've started teaching compassion meditations, which I'd at first thought would require too much vulnerability.

You mentioned that companies cite bottom lines, but what, to you, is the real payoff?

There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again. You begin to appreciate constant change.

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MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms and near the groin or use ice packs if he has lots of hair in those areas.

ANDY DEAN/VEER

You can also wet the coat with cool water and put a fan on him to cool down. Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

HERREID/VEER

"Heat stroke is very dangerous as it can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

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Bruins blank Blackhawks to take 2-1 series lead

Blackhawks goalie Corey Crawford stops a shot by the Bruins' Chris Kelly during Game 3 of the Stanley Cup final on Monday in Boston. Daniel Paille and Patrice Bergeron scored and the Bruins won 2-0 to take a 2-1 series lead. Game 4 will be played in Boston on Wednesday night. HARRY HOW/GETTY IMAGES

Jays tap the Rockies for sixth straight win

MLB. Game's only runs score on Izturis bloop single in eighth inning

Maicer Izturis drove in the game's only runs with an RBI single and Josh Johnson pitched seven strong innings Monday as the Toronto Blue Jays pushed their win streak to six games with a 2-0 interleague victory over the Colorado Rockies.

On Monday	
2	0
Blue Jays	Rockies

It's Toronto's first six-game win streak since May 2011 and moves the club (33-36) to three games below .500 for the first time since April 21.

The streaking Blue Jays, who have won nine of 11, are coming off a 5-1 road trip that included the club's first-ever four-game sweep at Texas against the Rangers.

Despite pitching a gem, Johnson earned the no-decision and is still winless in eight starts for the Blue Jays. He gave up five hits while striking out 10 and walking two in 7 1/3 innings. Johnson, who last pitched June 9 in a 6-4 home loss to Texas, had his latest start pushed back twice due to a finger blister.

Jorge De La Rosa pitched seven innings of one-hit ball while striking out four and walking three for the Rockies (37-34), who kicked off a tough nine-game, 10-day road trip.

THE CANADIAN PRESS

CFL

Grey Cup hero among 11 players cut by Argos

Pacino Horne has gone from Grey Cup hero to being unemployed.

The speedy cornerback was among 11 players released Monday by the Toronto Argonauts. Horne started the club's 35-22 CFL championship win over the Calgary Stampeders at Rogers Centre last November and delivered a key play in the victory.

With Toronto leading 7-3, Horne intercepted Calgary's Kevin Glenn and returned it 25 yards for the TD and a 14-3 advantage. THE CANADIAN PRESS

MLB

Wrist injury still hampering Yankees' Teixeira

Slumping Yankees first baseman Mark Teixeira could be sidelined a while longer because of his ailing right wrist.

"I haven't done anything, but I'm leaning toward the disabled list," New York general manager Brian Cashman said Monday.

Teixeira, who missed the first 53 games of the season with the wrist injury, is hitting just .151 with three home runs and 12 RBIs in 53 at-bats.

THE ASSOCIATED PRESS

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United Nations of the NBA

NBA Finals. Spurs out of this world when it comes to uncovering and developing international talent

Manu Ginobili embraces Danny Green during the Spurs' NBA Finals Game 5 win over the Miami Heat on Sunday night. Ginobili and Green are just two Spurs contributors that developed their games outside the U.S. MIKE EHRMANN/GETTY IMAGES

The Spurs have long been the NBA's gold standard when it comes to drafting and development, preferring to roll up their sleeves and scour the globe to find the right players to slot into well-defined roles in San Antonio.

They have more international players on their roster than any other team. Even their Americans are globetrotters.

It requires patience, discipline and investment that few teams are able to muster. And it's paying off in a big way for them in the NBA Finals.

There is Danny Green, who was cut three times and spent a summer in Slovenia, drilling every three-pointer in sight and, so far, running away with the finals MVP award.

There is Gary Neal, who was undrafted and spent three years kicking around Turkey, Spain and Italy before being discovered, scoring 24 points in a pivotal Game 3 win.

There is Boris Diaw, the Frenchman who was on his way out of the NBA before the Spurs claimed him, playing stingy defence on LeBron James and finding Manu Ginobili cutting to the basket for easy buckets in a Game 5 win that moved the Spurs one win away from the franchise's fifth title.

How do they find these guys?

General manager RC Buford and coach Gregg Popovich have established a system over the last 15-plus seasons that allows them to identify the exact attributes that will allow a player to succeed in San Antonio.

"Our management staff, RC does a great job with his scouts showing us who is out there, who is available," Popovich said earlier this season. "Once we bring them in, we do take a lot of time trying to develop them."

It takes communication. It takes trust. It takes commitment to do what the Spurs do.

"In my opinion you've got to look past the typical biases and preconceived notions on what an NBA player is and should look like or should be ... and really get down to the guy's talent and character and work ethic," said forward Matt Bonner, who played in Italy and was acquired in a trade from Toronto. THE CANADIAN PRESS

Small-market miracles

The commitment to drafting and developing came early for Spurs general manager RC Buford and head coach Gregg Popovich. They got lucky getting Tim Duncan with the No. 1 pick in 1997, but their moves to create a supporting cast all came the hard way.

- Tony Parker was the Spurs' 28th pick out of France in 2001. And despite being well-known and coveted thanks to his stellar play for Argentina, Manu Ginobili fell to the second round in 1999 and didn't come to the NBA for another three seasons.

NBA

Nuggets find Ujiri replacement

The Denver Nuggets have settled on a general manager. Now, they can concentrate on finding a new coach.

The team announced Monday that Tim Connelly will take over for Masai Ujiri, who left to become general manager of the Toronto Raptors. Connelly's official title with the team will be executive vice-president of basketball operations.

THE ASSOCIATED PRESS

Second chance

"Nothing is guaranteed when you really look at it. I just need to know that I tried."

Former women's soccer star Kara Lang. The Oakville native, whose two torn ACLs forced her to retire at the age of 24, said she's been overwhelmed by the support she's received since news of her comeback got out late last week.

Backside backtrack

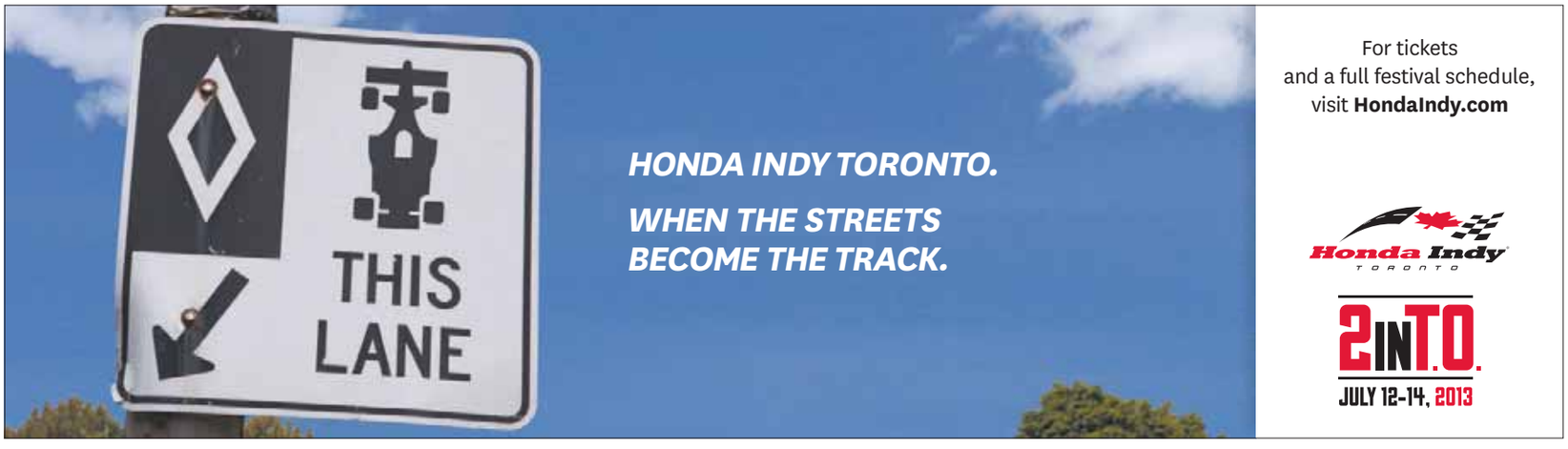
Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS

Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS



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Horoscopes

♈ Aries
March 21 - April 20
As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

♉ Taurus
April 21 - May 21
Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

♊ Gemini
May 22 - June 21
Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

♋ Cancer
June 22 - July 23
You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

♌ Leo
July 24 - Aug. 23
It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

♍ Virgo
Aug. 24 - Sept. 23
The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

♑ Capricorn
Dec. 22 - Jan. 20
Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

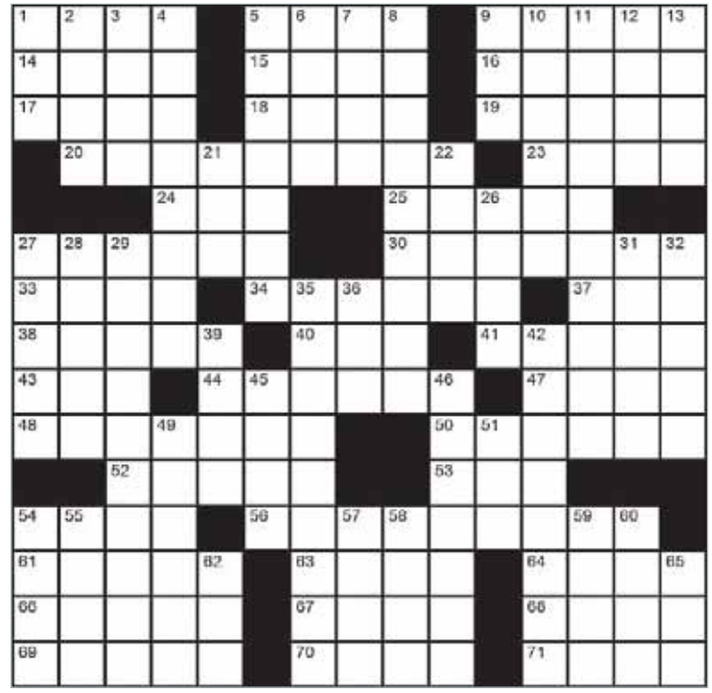
♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

♓ Pisces
Feb. 20 - March 20
If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

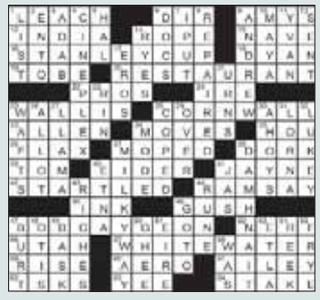
BY KELLY ANN BUCHANAN



Across
1. Premier of Saskatchewan, Brad __
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact __ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '__ Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarinen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, __." (2001)
54. Component, as of a process
56. Some office devices
61. Gangly
63. Pack _ __ (Get ready to vacation)
64. Lindsay Lohan's mom
66. Mr. Shaw (Famed clarinetist)
67. Rock's __ Straits
68. Surrounded by
69. "Hey! That __ funny."
70. Sporty TV network
71. Units of a gym user's sety

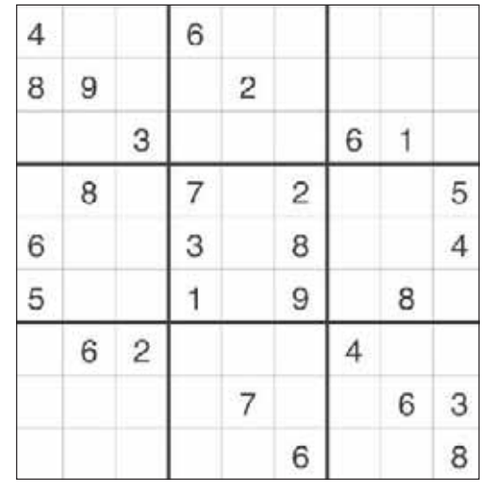
Down
1. Like some humour
2. Detective's sound effects
3. Loaned
4. Thunder Bay university
5. Anne of Green Gables setting
6. Action word
7. Madonna hit: "La __ Bonita"
8. St. John's-born singer Kim
9. Particular pronoun
10. Opera legend Maria
11. '__ and alive' ...how Joni Mitchell felt in "Free Man in Paris"
12. Bump off: 2 wds.
13. Breaks a Commandment
21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, __ Choice
31. France's longest river
32. Belgian painter, James __
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western __ __
45. Ins and __
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	8	3	4	6	5	9	2	7
6	7	2	1	9	3	5	8	4
9	4	5	8	7	2	3	1	6
2	1	4	5	3	8	7	6	9
3	9	6	7	2	1	4	5	8
7	5	8	6	4	9	2	3	1
5	6	7	3	8	4	1	9	2
4	2	1	9	5	6	8	7	3
8	3	9	2	1	7	6	4	5

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